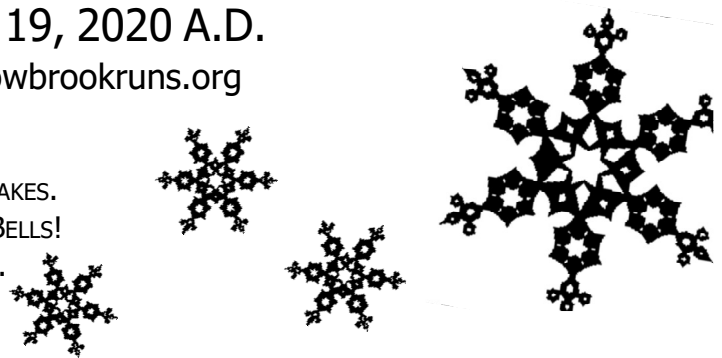


TWENTY SIXTH ANNUAL
MEADOW BROOK 5K & FUN RUN

SATURDAY, DECEMBER 19, 2020 A.D.

<http://www.meadowbrookruns.org>

7:30 - 8:45 A.M. LATE REGISTRATION AND PACKET PICKUP
9:00 A.M. 5K (3.1 MILE) RACE. FINISH AROUND THE LAKES.
10:00 A.M. FUN RUN (1.0 MILE). WEAR YOUR JINGLE BELLS!
10:30 A.M. AWARDS CEREMONY AND PRIZE DRAWINGS.



DIRECTIONS:

TAKE HIGHWAY 280 EAST, 3.3 MILES SOUTH OF I-459. RACES BEGIN AND END AT VALLEY BANK ON THE RIGHT.

RACE FEATURES:

BIRMINGHAM'S MOST BEAUTIFUL COURSE. CHRISTMAS T-SHIRTS, INDOOR FACILITIES, GIFT BAGS, AND GREAT FOOD! PRIZES FOR OVERALL WINNERS. MEDALS FOR OVERALL AND 3 DEEP AGE GROUP WINNERS. LOVE BIRDS RELEASE. NORTON'S "FLOWERS FOR FINISHERS". "A TASTE OF 280"TM: JIMMY JOHN'S, ZOE'S, PAPA JOHN'S PIZZA, SPROUTS, SMOOTHIE KING, JASON'S DELI, THE FRESH MARKET, BUFFALO ROCK, STARBUCKS. MEDALS AND ENTRY FORMS PROVIDED BY YOUOFFICE USA, INTERNET SERVICES BY CAHABA WEB.

ENTRY FEE: VOLUNTARY, TAX DEDUCTIBLE CONTRIBUTIONS TO "THE JESUS VIDEO PROJECT OF ALABAMA", A 501(C)(3) SHARING THE GOOD NEWS. \$15-25 MINIMUM SUGGESTED. T-SHIRT GUARANTEE FOR PRE-REGISTRATIONS BY 12/11/20 A.D.



CUT HERE

NAME _____ DATE OF BIRTH (M/D/Y) ___/___/___ MALE FEMALE
(ONE ENTRY PER FORM)

ADDRESS _____ PHONE (____) _____

CITY _____ STATE _____ ZIP _____

EMAIL _____ WATCHED THE JESUS VIDEO? YES NO
(NEEDED TO SEND RACE RESULTS AND INVITE YOU NEXT YEAR)

CIRCLE: 5K FUN RUN | T-SHIRT SIZE: S M L XL

IN CONSIDERATION OF MY ACCEPTANCE AS A PARTICIPANT IN THE MEADOW BROOK 5K RUN AND/OR FUN RUN, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS, AND ASSIGNS RELEASE AND HOLD HARMLESS ALL SPONSORS AND THEIR AGENTS, SERVANTS, AND EMPLOYEES, AS WELL AS SHELBY COUNTY, CITY OF HOOVER, THE JESUS VIDEO PROJECT OF ALABAMA, VALLEY BANK, J & M TANK LINES, DANIEL CORPORATION, AND THEIR REPRESENTATIVES, EMPLOYEES, OFFICIALS, AND ALL RACE VOLUNTEERS, FROM ANY AND ALL ACTIONS, LOSSES, AND DAMAGES, INCLUDING CONTRACTING CONTAGIOUS DISEASE, INCURRED BY ME OR ARISING OUT OF OR IN CONNECTION WITH MY PARTICIPATION IN THE AFOREMENTIONED MEADOW BROOK 5K RUN AND/OR FUN RUN EVENTS. I WARRANT THAT I KNOW THAT RUNNING A ROAD RACE IS POTENTIALLY A HAZARDOUS ACTIVITY AND THAT I AM PHYSICALLY FIT, HAVE NO KNOWN INFECTIOUS ILLNESS OR SYMPTOMS, AND HAVE TRAINED SUFFICIENTLY FOR THIS EVENT.

SIGNATURE _____ DATE _____

PARENT OR GUARDIAN IF UNDER 19 YEARS OF AGE

MAKE CHECK TO: THE JESUS VIDEO PROJECT OF ALABAMA.

MAIL ENTRY FORM AND CHECK TO: MEADOW BROOK RUNS; 3508 CHESHIRE DRIVE; BIRMINGHAM, AL 35242-3100.

FOR MORE INFORMATION CALL: BOB COSBY (205) 991-6054, EMAIL JVPOA@juno.com

The JESUS Video Project of Alabama, Inc.

- Distributed over 1.85 million JESUS videos
- JESUS available in over 1,857 languages
- Email: JVPOA@juno.com

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Baumhower's Victory Grill
Bay Leaf Indian Cuisine
Billy's Sports Grill
Birmingham History Center
Birmingham Track Club
Bogue's Restaurant
Bonfish Grill
Brass Bear Antique Mall
Briarwood Christian Bookstore
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Chuy's Birmingham
Costco
Cracker Barrel Old Country Store

Dairy Queen
Dale's Southern Grill
Demetri's Bar-B-Q
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Hunan Chinese Cuisine
International House Of Pancakes
Inverness Golf & Repair
IXTAPA Mexican Grill
Jack's
Jason's Deli
Jazzercise
JESUS Video Project of Alabama
Jimmy John's
Johnny Ray's BBQ
Just4Running.com
Las Trojas Cantina
Levite Jewish Community Center
Little Donkey Mexican Restaurant

Lloyd's Restaurant
Logan's Roadhouse
Longhorn Steakhouse
Love Birds Inc.
M&M Jewelers
Maki Fresh
Marco's Pizza
McDonald's
Meadow Brook Baptist Church
Meadow Brook Homeowners Assoc
Mellow Mushroom Pizza Bakers
Men's Wearhouse
Metro Diner
Milo's Hamburgers
Ming's Cuisine
Mister Car Wash
Moe's Southwest Grill
Mooyah
Mountain High Outfitters
Mr. Burch Formal Wear
mRuns.com
National Tire & Battery
Norton's Florist
Nothing Bundt Cakes
O'Charley's
OfficeMax/OfficeDepot
Orange Theory Fitness
Outback Steakhouse
Panera Bread Café
Papa John's Pizza
Pappadeaux Seafood
Pastry Art Bake Shoppe
Perrin & Son
Perry's Steakhouse & Grille
P. F. Chang's China Bistro
Planet Fitness
Publix
Ranelli's Deli & Café
Red Lobster
Rock n Roll Sushi

Rosegate Design
Ruth's Chris Steakhouse
Satterfield's
Savage's Bakery & Deli
Seasons 52 Fresh Grill
Smoothie King
Saigon Noodle House
Salem's Diner
Sam's Club
Sanpeggio's Pizza
Southeastern Jewelers
Southern Museum of Flight
Sport Clips
Sprouts Farmers Market
Staples
Starbucks Coffee Co.
Style Encore
Sweet Frog Frozen Yogurt
Taco Casa
Taco Mama - Summit
The Cheesecake Factory
The Fish Market Restaurant
the 5K Racer
The Fresh Market
The Sheffield Fund
The UPS Store - Inverness
The UPS Store - Lee Branch
Tidmore Flag & Banner
Trak Shak
Urban Cookhouse
Valley Bank
Vocelli Pizza
Walmart
WhatABurger
Wing Zone
YMCA of Birmingham
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Zapata's Mexican Restaurant
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